

Warren SENTINEL



2005
curbside
recycling
schedule

Chief's sight
picture

Check out new
Peacekeeper comic

Commentary

Let's talk ORM

Maj. Will Lorey
Commander, 90th Contracting Squadron

I always like to read the Commentary section of the *Sentinel*, because I know that at some point in the year they are going to ask me to write my own wise and insightful article. I figure if I read enough, maybe some of the wisdom will inspire me to write something great. However, I've found that imparting personal experience is many times the best thing. If I can help just one person not repeat the errors I've made, I'll be happy. Just so you know, the safety office didn't pay me one dime for this!

A couple of weeks ago I had the fortune of getting away for a few days to do a "hut trip" in Colorado. This entails packing up enough clothes so that you don't freeze to death and enough food so that you don't starve to death and then skiing or snowshoeing from two to 10 miles to a generally remote but always picturesque hut way off the beaten path. For this trip (my first hut experience) I signed up for one of the easier huts – only 1,100 feet of elevation gain and just over three miles from the trailhead.

Being that I've taken all three levels of operational risk management training – I'm sure there's more I don't even know about – I did a lot of planning before the trip. I packed extra food, extra clothes, gear in case I had to bivouac in severe weather, and all sorts of "recommended" items. When all was said and done, I had a pretty hefty pack. Now I'm not talking the likes of some of the packs I'm sure many of you have worn out to the field,

but 35 to 40 pounds, on skis, is a lot different than merely hiking with a lot of weight on your back. I've found this out the hard way – buried face first in the snow with nothing solid to push off of to right yourself. Not fun.

Anyway, if you look at the list of gear they recommend you take on one of these trips, you almost need to book a sherpa to help you make the trip. You do have to make some decisions on what to bring and what not to bring, otherwise you run the risk of being so loaded down you become unsafe. In my case, I chose not to bring the avalanche gear due to the fact the route description was listed as fairly level with low risk of avalanche. Seemed to make sense to me.

When I arrived at the trailhead I noticed everyone had a shovel; I didn't have a shovel. Four of the 10 had avalanche beacons; I had chosen not to carry one.

ORM, page 3



Hoops Shots

Well, it's been an interesting week so far. It started with two events that most people would prefer to avoid. The first was my annual dental checkup and cleaning. Our **Mighty Medics** take great care of us and the dental clinic is no exception. **Senior Airman Christine Bixler** did a superb job with everything from the zillion x-rays she had to take to expert cleaning to making me wear those really cool eye protectors. In our visit I heard the same kinds of stories I often hear from our young troops – moving to Warren was a real change from home but the experience and opportunities were worth it and she met her husband while assigned here. In short, her life is better than it was before. I highly recommend the piña colada-flavored fluoride treatment – however, no more than one treatment per hour and three max in a dental visit.

The second event was in-briefing the inspector general to kick off our **Nuclear Surety Inspection**. Perhaps it's unfair to equate a dental visit with an IG inspection but here's the parallel I draw – if you've done everything you are supposed to be doing all year long, it's no big deal. I've gone 46 years now without a cavity. And while I'd prefer to not visit the dentist it always ends pleasantly and quickly because I have a life-long habit of brushing, flossing, etc. Keeping up those routines keeps me out of trouble on judgment day in the dental chair every year. The same is true of inspections. Live the **WIRED** philosophy and the IG visit becomes all about showing off and reaping great ratings and professional performer/team honors. We're definitely off to a great start on this inspection and I'm looking forward to a terrific out-brief.

Last week saw visits from two Hennessey teams. Professionals from our **Mighty Services Squadron** and **Mighty Operators** wowed their respective evaluators. I wanted to specifically highlight the efforts of our missile chefs who put on a great display of field cooking with a Mobile Kitchen Trailer lunch. It showed that we go over and above in our training and our expeditionary mindset. Hats off to **Tech. Sgts. Dan Fowler** and **Sean Cope**, **Staff Sgts. Chris**

Durand, George Sotomayor and **Cornelius Sagiao** and **Airmen 1st Class Steve Metz** and **Stephanie Ziesmer**.

I finished the week with a whirlwind tour of our **Mighty Support Group**. You can see the pride **Col. Al Kemmet** has in his team and that pride is well earned. **Mr. Richard Jiron** from contracting got me up to speed on several major acquisition issues and I was impressed with **Tech. Sgt. Wesley Mason** who's making a great name for himself here and in his career field. **Mr. Dave Frederick** from the 90th Communications Squadron took me through our central switch area. How anyone can figure out those zillion tiny wires is beyond me. In civil engineering I was briefed on critical NSI equipment by **Mr. Robert Norman** and **Tech. Sgt. Kevin Tarr**. They made it clear we were ready. Backing them up were **Senior Airman Gerardo Benavides**, an ace security alarm expert, and **Staff Sgt. Arther Harriss**, who keeps our resources safe from lightning. **Second Lt. Derrick Price** hosted me in the 90th Mission Support Squadron's Personnel Readiness Unit. He along with **Master Sgt. Marty Patterson** and **Mr. Clark Eslick** keep our deployment machine running smooth. I was especially impressed with their training program, how they've revamped their work area and their efforts to ensure our folks get the best equipment. Upstairs, **Airman 1st Class Maresol Leitch** excelled by running a three-person evaluation shop by herself and acing her CDC test. In services I got a great run-down by **Mr. Mike Koval** on our fitness centers and got to see firsthand our new area where parents can work out and still watch their children. I also met **Tech. Sgt. Jacob Trujillo** who has done wonders with our fitness program and Independence Hall. We finished with civil engineering and their new power production shop. **Mr. Greg Westerfield** and his team are doing exceptional and cutting edge work that will help keep our weapon system viable for years to come. It was very clear to me in all this work centers that this group lives up to its motto that **Mission Support is Mission Success**.

-- Col. Hoops

Warren SENTINEL

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On the cover ...



Photo by Airman 1st Class Taylor Marr

Senior Airman Brad Worley, 90th Missile Maintenance, performs during the NSI.

Commentary

Commander's Action Line

You asked, he answered

Q: My family has been using the recycle dumpsters by the education center for a few years now, and we were wondering why the glass bin was removed, and will it ever be replaced?

A: Thank you for your question about the Warren recycling pro-

gram. Yes, there were glass recycle dumpsters. Unfortunately the glass was being landfilled because there was not an economical market for the glass.

Recycling is important, so under the new agreement Anheuser-Busch of Golden, Colo., will recycle our glass. They will melt the glass and manufacture new bottles with our recyclable glass. Recycling is the cheapest and safest way to deal with waste, and it makes sense to produce less and recycle more.

The start date of glass recycling will occur in mid February. There will be six custom-built glass recycle containers designed and

built for the military. They feature a spring-loaded drop door with a diverter chute to help prevent any broken glass from coming back upon the user. Unloading is made simple with a gravity fed unloading chute with twin lock cams and locking door bar.

Upon receipt of the glass recycle containers, Warren will be recycling approximately 25 tons of glass annually, thus diverting as much waste material as possible from the landfill.

Thank you so much for your concerns with conserving our natural resources, preventing pollution and protecting our environment.



ORM, from page 2

Six of the group had radios; I was counting on the fact that I would stick by others so I wouldn't need a radio. Did I think anything of all this? Not really. They were just being overly cautious.

When we got up to the hut, we did some skiing around the local area. There was a great hill right by the hut that was about 200-feet in elevation with a good 30-degree slope. It was a short run – 15 minutes to slug up the hill, 5 minutes to take off your skins (a sticky strip you put on the bottom of your skis that lets you go uphill), and 30 seconds to get down. Doesn't sound too thrilling, but it was great fun in over 12-inches of powder.

While we were doing this, my friends insisted everyone wear an avalanche beacon and carry a shovel.

I couldn't imagine an avalanche on such a short run; and it's not like the snow could go very far – it flattened out at the bottom of the hill. But, I acquiesced to their requests.

To make a long story a little shorter, during the three days I was on this trip it snowed somewhere between 12 and 24 inches in the Rockies and over 650 avalanches were reported for the same time frame. Most of you probably heard about the avalanche in Utah – at least five people missing. I talked to a friend who skied a couple days after us on a different trip, and he said they saw an avalanche that was triggered by a rabbit or some other small rodent – you could see the footprints traveling along the slope and then where the snow had let loose. A rabbit! In retrospect, I consider myself lucky.

So what could I have done better? Simple -- some good ORM. For those of you who trip to the field on a daily basis, ORM is part of the departure process. For the security forces personnel who guard our nuclear assets each day, for the maintenance crews making sure our assets will fly, and for those in the MAF who have the ultimate responsibility, ORM is not just another acronym, it's an integral part of the job.

Unfortunately, it's far too easy to become complacent. We might zip through a checklist we've done hundreds of times before not really thinking about what we're reading. We might feel, like I did, that our wingman would cover us in some area if need be. But what if our wingman was the one taken out of commission? What if our wingman

needed help? What if our wingman was buried with their avalanche beacon while you don't have one, counting on you to dig them out?

ORM can't just be for on the job. When we don't do things safely, plan properly, and take all the necessary precautions, accidents will happen. As a squadron commander I get to see all the reports of accidents. Guess what? Most are non-duty related. So, before you rush out on the fun motorcycle trip through the Snowy Range, before you slap on your skis, or before you decide to go visit the folks for the weekend, take the time to do a little ORM. It may save you – it may save your wingman. And if you happen to be around someone like me who didn't do enough ORM, it may save me. So thanks!

PEACE KEEPERS

By A1C Nathaniel Turner, 90MMXS and A1C Richard Oliver, 90MMXS

Things not to say to an inspector:



Winter driving: Tips to keep you safe

Dave Clark
90th Space Wing Safety office

It is getting to be that time of year again to think about driving in winter conditions. Driving in snow and ice is serious business and winter storms can strand drivers for hours before help can arrive. There are three basic steps you can take to protect yourself and your family: prepare your vehicle for winter, maintain a survival kit in your vehicle, and understand some basic driving techniques to control your vehicle on snow and ice.

To get your vehicle ready for winter, plan ahead. Don't wait on the first winter storm to strand you somewhere. A good working vehicle can mean a safe and enjoyable trip. If you are not a do-it-yourselfer, a lot of businesses offer specials on winterizing your vehicle.

Next build a survival kit for your vehicle. These kits can mean the difference between life and death should you become stranded. If you find yourself stuck in a storm, do not leave your vehicle unless you can see help. It is very easy to get disoriented and lost in winter storms and white-out conditions. Tie a bright colored item to your antenna or raise the hood to signal you need help. Turn the engine on and the dome light for about 10 minutes each hour to conserve fuel. Also, be aware of carbon monoxide. Keep the exhaust pipe

clear and slightly open a downwind window for ventilation.

Finally, use your survival kit. As a minimum this kit should contain: blankets or sleeping bags, high calorie non-perishable food, drinking water, candles, empty coffee can for candles, matches, first aid kit, flashlight and extra batteries, battery booster cables, shovel, bag of sand or cat litter.

Finally, practice some basic winter driving techniques. Driving on snow and ice requires extra care and a lot of patience. Slow down and put extra distance between yourself and the car in front of you. Stopping on snow and ice requires a much greater distance than normal dry conditions. Anticipate your stop and avoid any sudden maneuvers. Most importantly, don't "lock-up" the brakes. Take your foot off the accelerator and let the engine slow you down. If you hit an unexpected patch, don't try to brake, accelerate, or downshift. Let off on the accelerator, keep both hands on the steering wheel, and drive through the icy area.

While these suggestions will help you arrive at your destination safely during the winter months, there is much more you can do. There is a lot of information available on safe winter travel and activities. Feel free to stop by the Wing Safety office and pick some pamphlets and handouts. Have a safe and enjoyable winter!



Photo by 1st Lt. Nicole Walters

ASIA ISN'T HAPPY

Asia, Siamese cat of Master Sgt. Rob Farnham, Wyoming Air National Guard, receives her annual rabies and distemper shots from Dr. Karen Parks, base veterinarian. Sergeant Farnham said he saves money by getting on-base care for his pets. To make an appointment, call the vet clinic at 773-3354.

Warren Spouses' Club Dollars for Scholars County Fair

Thursday, February 24th
Trails End Club

Join us in your casual, country attire
for a live auction of gift baskets & decadent desserts.
All proceeds benefit WSC's Dollars for Scholars program.
The program awards academic scholarships to outstanding students.

Cocktails & Basket Viewing begin at 6pm
★ MC & Entertainment by vocalist Tom Cook. ★

WSC Members & Spouses-\$12/person

Non-Members & Spouses-\$15/person

Please RSVP Alice at 778-2841 or coyota@bresnan.net
or Robin at rascrocker@yahoo.com by Monday, February 21st.

Briefs

Fort Warren Avenue speed limit change

Effective immediately, the speed limit along the entire length of Fort Warren Avenue has been changed to 15 mph. The purpose of this change is to alleviate potential safety concerns due to the large number of children that reside along Fort Warren Avenue and to standardize speed limits in base housing. This change is part of an on-going effort by the 90th Security Forces Squadron and 90th Civil Engineer Squadron to improve traffic safety on base and provide a safer environment for the Child Development Center, parade field playground, bus stops and all base housing along that road.

Phone number changes

Public affairs is coordinating the new base phone book for publication. Offices need to review the current phone book and have the TCM e-mail phone number changes to Rick Morse or fax them to 773-5800.

When reviewing, be sure to check numbers, building addresses, office symbols and review the alphabetical listings and quick reference numbers towards the back of the book.

Any changes not received by deadline are not guaranteed to be included in the new phone book. Do not send any numbers that you do not want to be published. If you have pay phones in your area verify the numbers and locations of those phones. The deadline for phone number changes is Feb. 21.

Bulk item pick up

Disposing of bulk items is a resident responsibility. However, if you are within 30 days of moving on or off base, call the housing management office at 773-1840.

Pet control

Please remember that leash laws apply to cats as well as dogs. If your cat or dog is outside, remember that it needs to be on a leash. If you have any questions, call the housing management office at 773-1840.

CONGRATS TO THE AIRMAN LEADERSHIP CLASS 05B GRADUATES

- SrA Casey N. Adams, 90th Missile Security Forces Squadron
- SrA Ismael R. Amin. 90th Maintenance Operations Squadron
- SrA Angel L. Blackburn, 90th Communications Squadron (Distinguished Graduate / Leadership Award)
- SrA Christopher E. Bouker, 90th Communications Squadron
- SrA Garret R. Brown, 90th Missile Security Forces Squadron
- SrA Kevin T. Chellis, 90th Security Support Squadron (John Levitow Award Winner)
- SrA Jason N. Clark, 90th Missile Security Forces Squadron
- SrA Brian M. Copeland, 90th Missile Maintenance Squadron
- SrA Terry L. Gries, 790th Missile Security Forces Squadron
- SrA Clinton J. Griess, 90th Security Support Squadron (Andrews Seminar class leader)
- SrA Kevin K. Hofkens, 90th Logistic Readiness Squadron
- SSgt Jason M. Hull, 90th Logistics Readiness Squadron (Kisling Seminar class leader)
- SrA Keona L. Jones, 90th Security Forces Squadron (Distinguished Graduate / Academic Award)
- SrA Matthew C. Lack, 90th Security Support Squadron
- SrA Derek M. Middleton, 90th Missile Security Forces Squadron
- SrA James A. Morton, 90th Missile Maintenance Squadron
- SrA Anthony M. Nales, 90th Missile Maintenance Squadron
- SrA Steven L. Nelson, 90th Missile Maintenance Squadron
- SrA Michael R. Parker, 790th Missile Security Forces Squadron
- SrA Robert A. Richardson, 90th Missile Maintenance Squadron
- SrA Gerardo N. Rivaservantes, 90th Civil Engineer
- SrA Adam K. Saunders, 90th Operations Support Squadron
- SrA Tony J. Short, 90th Security Forces Squadron
- SrA Bradley A. Snow, 90th Security Support Squadron
- SrA Matthew L. Szafranek, 790th Missile Security Forces Squadron



Photo by Bernie Ernst

NSI: No SECOND INSPECTION

Col. Evan Hoapili, 90th Space Wing commander, welcomes Col. Bradford Ward, Air Force Space Command inspector general, before the NSI in-brief Tuesday at the base theater here.

Asbestos and lead based paint training

Quarterly awareness training for asbestos will be offered at the base theater March 16, from 1 to 3 p.m. Lead based paint awareness training will be directly following from 3 to 4:30 p.m. Annual attendance is mandatory for the following people:

- 90CE Squadron, 90th Communications Squadron line runners, facility managers, maintenance workers, custodial workers
- project managers, Auto Hobby Shop personnel, any individuals performing self-help work in buildings constructed prior to 1982, 90MMXS/MMXGE, 90MMXS/MMXFP, 90MMXS/MMXFF, 90MOS/MXOPP, 90MMXS/MMXR, 90MOS/MXOTTE, 90MOS/MXOTTF, group/squadron commanders*
- and personnel who have occasion to disturb materials in buildings constructed prior to 1982.

Everyone else is welcome and encouraged to attend. Questions may be directed to Leilani Woods at 773-5495 or Mike Zak at 773-4358.

*Group and squadron commanders unable to attend may take an abbreviated computer based version instead, available at O:/base information/90CES_information/Environmental/Commanders Lead and Asbestos Training.



CHIEF's Sight Picture

Over the past few years, we have initiated a number of educational initiatives for Force Development, focusing on changing the way we develop and train our people to meet the challenges of the Expeditionary Air Force. Force Development takes a deliberate approach to providing Airmen the training and experience they need to succeed in delivering air and space power now and in the future. We must make sure Airmen get the training and education required for their specialty or area of expertise. If you need additional education or training -- you will get it.

This mindset is a significant change, especially for officers. For years, Master's degrees had a significant impact on promotion potential. This must change -- our

focus should be on deliberate development and not "square filling." Education must be tailored to benefit Airmen in doing their jobs. Promotion is, and will continue to be, determined by your performance and demonstrated leadership potential to serve in the next higher grade.

Beginning January 2005, we will remove all academic education information, including Bachelor's degrees, from all Line of the Air Force (LAF) and Judge Advocate General (JAG) promotion boards through the rank of colonel. The Guard and Reserve components will implement the same procedures beginning with boards convening after January 1, 2006.

All Airmen should receive

some form of development to assist them in their duties in higher grades and levels of responsibility. We will provide the right development venues to meet both Airmen and Air Force needs. At the same time, I'm not discouraging you from pursuing an advanced academic degree on your own. We will continue to offer tuition assistance and operate educational support offices at each base. Advanced academic degrees will no longer be a factor in the promotion process -- at any level of the process: rater, senior rater, management-level, or the promotion board.

The Air Force's emphasis is on job performance and for providing Airmen the right opportunities for advanced education when it is

required.

This new policy will not affect Chaplain and health profession officers. Due to certification requirements, we need to continue showing academic information for these officers.

The goal is clear -- develop professional Airmen who will collectively leverage their respective strengths to accomplish the Air Force mission. You make our Air Force the best in the world. We owe it to you to provide the skills and education you need to continue to excel!



John P. ...
AIR FORCE
Air & Space Power

6x6

Colonel Evan J. Hopili
invites you all to the 2005

NATIONAL PRAYER LUNCH

February 25, 2005

11:30 a.m.

Trail's End Club

Cost: \$5.00

this year's theme:

"The Power of a Believed-In Future"

For tickets please
contact the
F.E. Warren
Chapel staff
at 3434.

Guest Speaker
Chaplain Colonel
Richard M. Hartwell

Command Chaplain,
Air Force Space Command,
Peterson AFB, Colorado



Attire:

Military: Uniform of the Day

Civilian: Casual





Photo by Airman 1st Class Tessa Cubbon

I'M GONNA KNOCK YOUR BLOCK OFF!

Two Airmen box at Fall Hall during intramural boxing. For more information on how you can get involved, contact Tech. Sgt. Derick Harrison at 773-4423.



Photo by Senior Airman David Nunes

90TH MOS NAMED BASE CHAMPIONS

The 90th Maintenance Operations Squadron intramural basketball team beat out 90th Logistic Readiness Squadron, 46-35, to win the base intramural championship Feb. 7.

Weekly youth bowling scores

Little Pee Wee's Ages 3-5	
Alqualios Hammonds II	93 Game
Ryan Komm	60 Game
Pee Wee's Ages 4-6	
Michael Smith	100 Game
Madisyn Bails	84 Game
Bantam-Preps	
Dustin Linde	490 high series handicap
JoAnn Mead	514 high series handicap
Cameron Maloney	167 high game handicap
Samantha Marshall	181 high game handicap
Junior-Majors	
Nick Enyeart	695 high series handicap
Leah Anderson	661 high series handicap
Joel Pushcar	239 high games handicap
Kristin Hereford	235 high series handicap

For more information, or to sign your child up for youth bowling, call Agnes Colvin at 773-5172.

0-0-1-3 model lives life positively, to the fullest

If you've ever been sent by your doctor to get blood drawn, you've probably run into 21-year-old laboratory technician Airman 1st Class Emily Morgan, 90th Medical Support Squadron. Airman Morgan sat down to chat with Airman 1st Class Lauren Sixbey about her career and her future plans.

Describe your job.

We draw patient's blood and analyze the results. We run tests on all bodily fluids. We help doctors interpret what's wrong with their patients. One of our most common tests is a urine test on ob/gyn patients.

What is your favorite part about your job?

I like working with the patients. We only see them briefly though. I love customer service and working with people. I also like running tests in the lab.

How long have you been in?

It will be three years in April.

Do you plan on staying in?

I don't know yet. I want to go to college. I'm getting married in June. My fiancé is from New Hampshire and that's where we're planning on living.

Why did you join?

I didn't have a plan. I waited a year after high school and thought about going into the guard. But my mom accidentally called the wrong recruiter. Active duty sounded better and more structured. I'm really glad I chose to do it.

Is this your first base?

I was stationed at Offutt for nine months for tech school. Before that I spent four months at Sheppard. I've been here for a year and a half.

What was your first thought



Photo by Airman 1st Class Lauren Sixbey

Airman 1st Class Emily Morgan, 90th Medical Support Squadron, volunteered on Feb. 3 to model for the new phase of 0-0-1-3 campaign. For more info, see page 12.

that went through your head when you found out you were coming here?

I'm from Nebraska but I didn't know about the base. I wanted to be close to home. It's far enough for me to do my own thing, but close enough to visit my family when I want.

Where in Nebraska are you from?

Alma. It's seven miles from Kansas.

What do you miss most about it?

I didn't have any responsibility in high school. I grew up in a town

of 1,200 people. All of my friends were really close. Everyone knows everyone. We lived right on a lake. I miss that too.

Other than Warren, where's the coolest place the Air Force has taken you?

I went on a TDY to San Antonio for two weeks. That was a lot of fun.

Where do you see your self in five years?

I hope to have a degree. After that I'll probably have a family.

What is the last movie you saw in the theater?

"The Grudge." This is so embarrassing, but I fell asleep during it. I was so tired.

What's something the people you work with would be surprised to know about you?

I've kept it pretty quiet that we're getting married.

Tell me about your family?

My mom is a nurse – getting ready to become a traveling nurse. My brother is getting ready to graduate from high school. My sister is a CNA (certified nursing assistant) and is in school to become a nurse. She has a baby who will turn 2 in April.

When you were a kid, what did you want to be when you grew up?

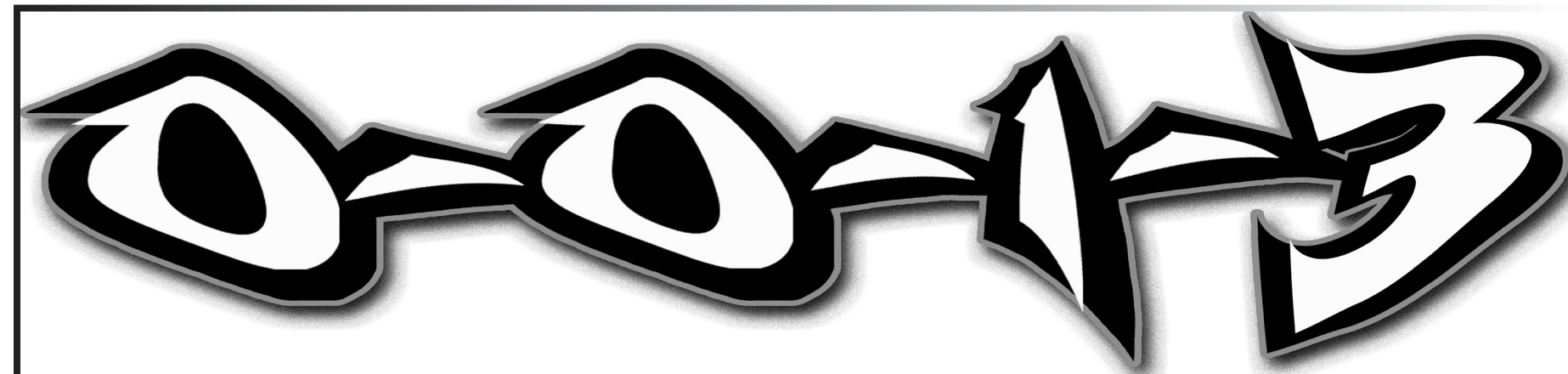
I wanted to be an elementary school teacher. For a while I wanted to be a special ed teacher.

What CD is in your stereo right now?

Nelly Furtado's "I Try."

What's your life's motto?

Just live life to the fullest. I don't really have a motto; I just try to live positively.



Give the gift of massage

Give your valentine the gift of massage. Gift certificates are also available. The cost is \$45 for an hour massage and \$25 for a half-hour massage.

Call the Aquatic Center to find out more at 773-3195.

President's Day bowling special

Bowl President's Day, Feb. 21, 11 a.m. to 5 p.m. Pay \$5 an hour. Pay 50 cents for shoe rental. For more information, call Warren Lanes at 773-2210.

President's weekend rental specials

Outdoor recreation is offering all rental items for the long holiday weekend at the regular weekend price. Receive an extra day free. For more information, call ODR at 773-2988.

Softball coaches wanted

The athletic director of the 90th Services Squadron is seeking applicants for the coaching positions of the men's and women's varsity softball teams.

Those interested in applying need to submit a resume no later than Feb. 25. Applicants must drop off resumes at Freedom Hall, attention Mr. Koval.

For more information, call Tech. Sgt. Trujillo at 773-2304.

NSI lunch special

Come to the Trail's End Club during the NSI, today and Tuesday to Feb. 18, from 11 a.m. to 1 p.m., and receive a "Buy Two Buffets, Get One Free" punchcard good only during the NSI.

Tuesday is Southern, Wednesday is Italian, Thursday is Mexican and Friday is seafood.

The buffet always includes a salad bar, homemade soup, beverage and dessert for \$7.95. Club members receive a \$1 discount. Children age 6 and younger are free and those ages 7 - 13 are \$3.50. In a hurry? Carry-outs are always welcome.

Sundays are Family Days at Chadwell Dining Facility

Chadwell Dining Facil-

ity hosts Family Day every Sunday, noon to 1 p.m.

All active duty members may bring their family members with military ID cards to dine.

The family of deployed servicemembers are also welcome.

Call 773-3838 for more information.

Colorado Eagles pro hockey discount tickets on sale

Military discounted tickets to the Colorado Eagles professional hockey games are on sale now for March 12.

Tickets are \$16 each. Games start at 7:05 p.m. at the Budweiser Events Center.

These discount ticket are on sale only at Outdoor Recreation while they last or until the Tuesday prior to game day.

Call 773-2988 for more information.

Base library offers children's story hour

Parents can bring their children to the base library to enjoy story hours every

Friday, 11 a.m.

Today, the library will celebrate Valentine's Day with Valentine stories and a valentine picture easel.

Feb. 18 the library invites Warren to learn about President's Day during story time with an Abe Lincoln craft.

Children's story hours are sponsored in part by National Property Inspections. No federal endorsement of sponsor intended.

For more information, call 773-3416.

Ladies night out

It's Ladies Night Out when outdoor recreation takes a trip to Greeley, Colo., for the Broadway musical comedy smash hit about six good buddies whose desperate plan to get their lives back together requires them to triumph over their fears, their nerves ... and their clothes.

See "The Full Monty" at the Union Colony Civic Center March 12 at 8 p.m. The cost is \$35 and includes ticket, drinks, hors d'oeuvres and transportation.

Call ODR at 773-2988 for more information.

Parent and child exercise area now open in Freedom Hall

The exercise room is now open so parents may exercise while watching their children in the children's play area.

It is equipped with a treadmill, cross trainer, recumbent bike, stepper, climber, weight machines and mats.

The children's area has a TV, VCR, DVD player and children's toys. Parents are asked to sign up at the front desk and respect all rules of use.

The exercise room is open in conjunction with Freedom Hall hours. Hours are Mondays through Fridays, 5 a.m. to 10 p.m. and Saturdays, Sundays and holidays, 9 a.m. to 5 p.m.

Sign your child up for Warren Waves swim team

The youth swim team is seeking more members ages 17 and younger. They meet Mondays to Fridays, 4:30 to 5:30 p.m. For more information, call the aquatic center at 773-3195.

6 by 6



Photo by Airman 1st Class Lauren Sixbey

WHAT'S THAT COMING OUT OF YOUR NOSE?

Staff Sgt. Stephanie Norton, 90th Medical Operations Squadron, injects Staff Sgt. Christine Bellinghiere, 90 MDOS, with the flu mist vaccine at the base theater Monday.

2005 Curbside Recycling Schedule:

Carlin Heights is Mondays
Sergeant's Row and Atlas Housing is Tuesdays
Officer's Row and Capehart Housing is Wednesdays

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>
Feb 7, 28	Feb 8	Feb 9
Mar 14, 28	Mar 1, 15, 29	Mar 2, 16, 30
Apr 11, 25	Apr 12, 26	Apr 13, 27
May 9, 23	May 10, 24	May 11, 25
Jun 6, 20	Jun 7, 21	Jun 8, 22
Jul 11, 25	Jul 12, 26	Jul 13, 27
Aug 8, 22	Aug 9, 23	Aug 10, 24
Sep 12, 26	Sep 13, 27	Sep 14, 28
Oct 3, 17	Oct 4, 18	Oct 5, 19
Nov 7, 21	Nov 8, 22	Nov 9, 23
Dec 5, 19	Dec 6, 20	Dec 7, 21
Jan 9, 23	Jan 10, 24	Jan 11, 25

PERSONNEL
RELIABILITY
PROGRAM

You have a
"get out of jail
free" card -
Use It!

If an IG
inspector
asks you a
PRP question
and you can't
remember the
answers or
get nervous
because it's
the IG, pull
out your
squadron's
PRP card
and read the
answers.

If you're still
uncertain, tell
them you don't
know, but you
will ask your
PRP monitor.